



February

2019

Group Exercise is every Monday thru Thursday in February and each day it starts at 4pm.



Please note that for practices, both the scheduled practice time, as well as the departure time from J4 for any clients traveling with JESPY are both listed. Please reach out to Jerica with any questions (ext 426).

Friday, February 1st

4p-5p Computer Class (J4)

4p-4:45p Bingo (J4)

5p-8p

Party Boutique

Clients can purchase high end clothing and accessories at thrift store prices! Last minute things needed for the Jubilee? Here's your one stop shop!

Community Dinner will be served at 6:30pm.

Saturday, February 2nd

10:30a-11a Activity Planning Session (J4)

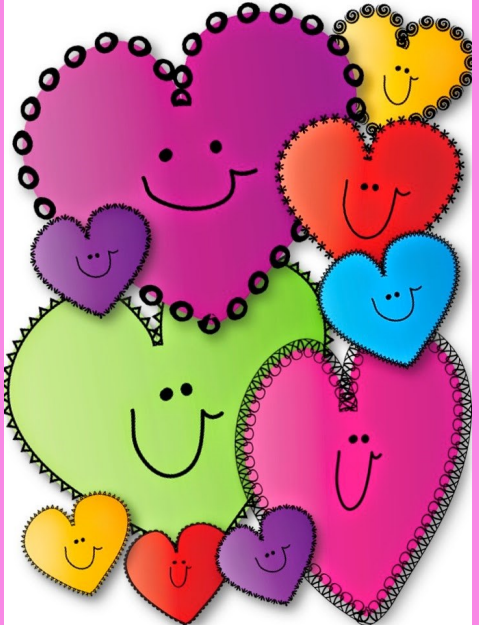
12p-1p Dine-in Deli Lunch (J4)

1p-2p JESPY Journal (J4)

4p-5:30p Night at the Movies presents: 27 Dresses (J4) (Snacks provided)

****11a-5p Woodbridge Mall + Lunch (Bring \$\$ for lunch and purchases)**

Sunday, February 3rd	Monday, February 4th	Tuesday, February 5th	Wednesday, February 6th
<p>**11a to 4:30p</p> <p>JESPY JUBILEE</p> <p>“Dancing Through The Decades”</p> <p>No Basketball Games</p>	<p>4p-5p JESPY Planters (J4)</p> <p>5p-6p Couponing (J4)</p> <p>5p-6p Poetry (J2)</p> <p>**6p-8p Dunkin Donuts + return to J4 for Table Topics (Bring \$ for snacks; new discussion topics every week)</p> <p>7p Stress & Anxiety Management (J2)</p> <p>6p-8p J-Street Band Practice (J2)</p> <p>6p-8p Shoprite (Bring \$\$ for purchases) (J2)</p>	<p>4p-5p Healthy Choices (J4)</p> <p>5p-6p Kitchen Basics (J4)</p> <p>5p-6p Current Events (J4)</p> <p>6p Social & Interpersonal Skills (J2)</p> <p>7p Anger Management (J2)</p> <p>6p-7p Women’s Book Club</p> <p>6p-7p Music Composition (J4)</p> <p>7p-8p Photography (J4)</p> <p>7:30p-8:30p Zumba (J2)</p> <p>6p-7:30p Walking Group (J4)</p> <p>6p-8p P.A.C.E. Work Program (J4)</p> <p>* Basketball Practice 5:30p-6:30p</p> <p>Depart 4:45 (J4)</p>	<p>4:30p-5:30p Latch Hook Craft (J4)</p> <p>5p-6p Glee Club (J4)</p> <p>5p-6p Typing Basics (J4)</p> <p>6:30p-7:30p Theatre Group (J2)</p> <p>6p-8p 45 + Group (J4)</p> <p>6p-8p Catering Club (J4 Kitchen)</p> <p>6p-8p Nutritional Cooking Group (J2 Kitchen)</p> <p>**6p-8p Walmart (Bring \$\$ for purchases)</p>
Thursday, February 7th	Friday, February 8th	Saturday, February 9th	<p><i>We hope you enjoyed the JESPY Jubilee!</i></p> 
<p>5p-6p Kitchen Basics (J4)</p> <p>5p-6p Yoga & Meditation (J2)</p> <p>5p-7p Zentangle (J4)</p> <p>5p-8p Young Adult Group (J4)</p> <p>6p-8p JESPY Entrepreneurs (J4)</p> <p>6p-8p Social Action (J4)</p> <p>6p-8p J-Street Band Practice (J2)</p> <p>7p-8:30p Knitting (J4)</p> <p>*Bowling Practice 6p-7p</p> <p>Depart 5p (J4)</p>	<p>4p-5p Computer Class (J4)</p> <p>4p-4:45p Bingo (J4)</p> <p>5p-8p</p> <p>CLUB JESPY</p> <p>Come cut a rug in the JESPY café!</p> <p><i>Community Dinner will be served at 6:30pm.</i></p>	<p>10:30a-11a Menu Planning Session (J4)</p> <p>12p-1p Dine-in Deli Lunch (J4)</p> <p>1p-2p Latch Hook Craft (J4)</p> <p>4p-5:30p Night at the Movies presents: Beauty & the Beast (J4) (Snacks provided)</p> <p>**10:30a-5:30p Skylands Stadium Frozen In Ice: Wild West Winter Carnival & Lunch - \$25 (Bring money for lunch, games, and purchases. DRESS WARMLY!)</p>	

Sunday, February 10th	Monday, February 11th	Tuesday, February 12th	Wednesday, February 13th
<p>10a-11a Open Breakfast (J4)</p> <p>12p-2p Sip & Paint (J2)</p> <p>2p-3p Pokeno (J2)</p> <p>4p-5:30p</p> <p>Move and Groove (Come learn popular party dances or other styles of dance!) (J4)</p> <p>* Basketball Games</p> <p>Woodrow Wilson HS, Clifton</p> <p>Time: TBD</p> <p>**2:00p-6:30p Frozen Sing-A-Long @ NJ State Theater - \$15 (Bring \$\$ for dinner)</p>	<p>4p-5p JESPY Planters (J4)</p> <p>5p-6p Couponing (J4)</p> <p>5p-6p Poetry (J2)</p> <p>**6p-8p Starbucks + return to J4 for Table Topics (Bring \$ for snacks; new discussion topics every week)</p> <p>7p Stress & Anxiety Management (J2)</p> <p>6p-8p J-Street Band Practice (J2)</p> <p>6p-8p Stop & Shop (Bring \$\$ for purchases) (J2)</p>	<p>4p-5p Healthy Choices (J4)</p> <p>5p-6p Kitchen Basics (J4)</p> <p>5p-6p Current Events (J4)</p> <p>6p Social & Interpersonal Skills (J2)</p> <p>7p Anger Management (J2)</p> <p>6p-7p Women's Book Club</p> <p>6p-7p Music Composition (J4)</p> <p>7p-8p Photography (J4)</p> <p>7:30p-8:30p Zumba (J2)</p> <p>6p-7:30p Walking Group (J4)</p> <p>6p-8p P.A.C.E. Work Program (J4)</p> <p>* Basketball Practice 5:30p-6:30p</p> <p>Depart 4:45 (J4)</p>	<p>4:30p-5:30p Word searches/ Puzzle group (J4)</p> <p>5p-6p Glee Club (J4)</p> <p>5p-6p Typing Basics (J4)</p> <p>6:30p-7:30p Theatre Group (J2)</p> <p>6p-8p 45 + Group (J4)</p> <p>6p-8p Catering Club (J4 Kitchen)</p> <p>6p-8p Nutritional Cooking Group (J2 Kitchen)</p> <p>**6p-8p Panera (Bring \$\$ for dinner)</p>
Thursday, February 14th	Friday, February 15th	Saturday, February 16th	
<p>5p-6p Kitchen Basics (J4)</p> <p>5p-6p Yoga & Meditation (J2)</p> <p>5p-7p Zentangle (J4)</p> <p>5p-8p Young Adult Group (J4)</p> <p>7p-8:30p Knitting (J4)</p> <p>6p-8p VALENTINES DINNER DANCE</p> <p><i>Call Shay at x424 to make reservations for private couple's tables. Both the dinner and dance are open to EVERYONE!</i></p> <p>Bowling Practice 6p-7p</p> <p>Depart 5p (J4)</p>	<p>4p-5p Computer Class (J4)</p> <p>4p-4:45p Bingo (J4)</p> <p>5p-8p</p> <p>Third Friday Event (J4)</p> <p>Friday Night Jam Fest!</p> <p>Come enjoy musical performances, dinner, dancing, and other fun activities.</p>	<p>10:30a-11a Trip Planning Session (J4)</p> <p>12p-1p Dine-in Deli Lunch (J4)</p> <p>2p-3p JESPY Journal (J4)</p> <p>4p-5:30p Night at the Movies presents: 50 First Dates (J4) (Snacks provided)</p> <p>**10:30a-4p Maple Sugaring at the Environmental Education Center + Lunch (Bring \$\$ for lunch)</p>	

Sunday, February 17th	Monday, February 18th	Tuesday, February 19th	Wednesday, February 20th
<p>10a-11a Open Breakfast (J4) 12p-2p Iron On Beads (J4) 2p-3p Memory Game w/ Cards (J4) 4p-5:30p Open Mic Night (J4) * Basketball Games Woodrow Wilson HS, Clifton Time: TBD</p> <p>**11a-4p Rizzos Wildlife World + Lunch - \$10 (Bring \$\$ for lunch)</p>	<p>4p-5p JESPY Planters (J4) 5p-6p Couponing (J4) 5p-6p Poetry (J2) **6p-8p Dunkin Donuts + return to J4 for Table Topics (Bring \$ for snacks; new discussion topics every week) 7p Stress & Anxiety Management (J2) 6p-8p J-Street Band Practice (J2) 6p-8p Trader Joes (Bring \$\$ for purchases) (J2)</p>	<p>4p-5p Healthy Choices (J4) 5p-6p Kitchen Basics (J4) 5p-6p Current Events (J4) 6p Social & Interpersonal Skills (J2) 7p Anger Management (J2) 6p-7p Women's Book Club 6p-7p Music Composition (J4) 7p-8p Photography (J4) 7:30p-8:30p Zumba (J2) 6p-7:30p Walking Group (J4) 6p-8p P.A.C.E. Work Program (J4) * Basketball Practice 5:30p-6:30p Depart 4:45 (J4)</p>	<p>4:30p-5:30p Latch Hook Craft (J4) 5p-6p Glee Club (J4) 5p-6p Typing Basics (J4) 6:30p-7:30p Theatre Group (J2) 6p-8p 45 + Group (J4) 6p-8p Catering Club (J4 Kitchen) 6p-8p Nutritional Cooking Group (J2 Kitchen) **6p-8p Target (Bring \$\$ for purchases) 7p-8:30p GIRLS NIGHT OUT (J4) Snacks, prizes and fun!!</p>
Thursday, February 21st	Friday, February 22nd	Saturday, February 23rd	 <p>Happy President's Day!</p>
<p>5p-6p Kitchen Basics (J4) 5p-6p Yoga & Meditation (J2) 5p-7p Zentangle (J4) 5p-8p Young Adult Group (J4) 6p-8p JESPY Entrepreneurs (J4) 6p CLIENT TEAM MEETING (J4) 6p-8p J-Street Band Practice (J2) 7p-8:30p Knitting (J4) Bowling Practice 6p-7p Depart 5p (J4)</p>	<p>4p-5p Computer Class (J4) 4p-4:45p Bingo (J4) CLUB JESPY Come cut a rug in the JESPY café! <i>Community Dinner will be served at 6:30pm.</i></p>	<p>10:30a-11a Bulletin Board (J4) 12p-1p Dine-in Deli Lunch (J4) 2p-3p Party Prep (J4) 4p-5:30p Night at the Movies presents: Milo & Otis (J4) (Snacks provided) 6p-8p BIRTHDAY CLUB Dance, eat, and celebrate on our special late night Saturday hang out! **11a-5p Aviation Hall Of Fame and Museum + Lunch - \$12 (Bring \$\$ for lunch)</p>	

Sunday, February 24th	Monday, February 25th	Tuesday, February 26th	Wednesday, February 27th
<p>10a-11a Open Breakfast (J4) 12p-1p Jewelry Making (J4) 2p-3p Fun w/ Play doh (J4) 4p-5:30p Move and Groove (Come learn popular party dances or other styles of dance!) (J4) * Basketball Games Woodrow Wilson HS, Clifton Time: TBD **12:30p-3:30p Winter Wonderland at the West Orange JCC</p>	<p>4p-5p JESPY Planters (J4) 5p-6p Couponing (J4) 5p-6p Poetry (J2) **6p-8p Starbucks + return to J4 for Table Topics (Bring \$ for snacks; new discussion topics every week) 7p Stress & Anxiety Management (J2) 6p-8p J-Street Band Practice (J2) 6p-8p Stop & Shop (Bring \$\$ for purchases) (J2)</p>	<p>4p-5p Healthy Choices (J4) 5p-6p Kitchen Basics (J4) 5p-6p Current Events (J4) 6p Social & Interpersonal Skills (J2) 7p Anger Management (J2) 6p-7p Women's Book Club 6p-7p Music Composition (J4) 7p-8p Photography (J4) 7:30p-8:30p Zumba (J2) 6p-7:30p Walking Group (J4) 6p-8p P.A.C.E. Work Program (J4) * Basketball Practice 5:30p-6:30p Depart 4:45 (J4)</p>	<p>4:30p-5:30p Who am I? (J4) 5p-6p Glee Club (J4) 5p-6p Typing Basics (J4) 6:30p-7:30p Theatre Group (J2) 6p-8p 45 + Group (J4) 6p-8p Catering Club (J4 Kitchen) 6p-8p Nutritional Cooking Group (J2 Kitchen) **6p-8p The Salad House in Millburn (Bring \$\$ for dinner)</p>
<p>Thursday, February 28th 5p-6p Kitchen Basics (J4) 5p-6p Yoga & Meditation (J2) 5p-7p Zentangle (J4) 5p-8p Young Adult Group (J4) 6p-8p JESPY Entrepreneurs (J4) 6p-8p Social Action (J4) 6p-8p J-Street Band Practice (J2) 7p-8:30p Knitting (J4) Bowling Practice 6p-7p Depart 5p (J4)</p>	<p style="text-align: center;">Blue = Must Sign Up (Shay Remillard, ext. 424 or sremillard@jespy.org)</p> <p style="text-align: center;"><i>For any trips or groups in blue, you must sign up with Shay via phone or email to be guaranteed a spot on the trip. If you show up without signing up and there are no openings, you will be turned away. If you sign up for a trip that requires a ticket purchase, you will be responsible for that cost even if you cannot attend the outing.</i></p> <p style="text-align: center;">Clinical groups are \$15 per session. There are package rates available for clients attending multiple groups. Please contact Tanya at 307 for group details or regarding payment.</p> <p>Please also note that the location for all activities are listed next to their activity names. For any **community trips or athletic events, clients should expect to meet at the Judi House unless otherwise instructed and should only arrive 15 minutes before the departure time. Any questions or concerns regarding sports please call Jerica Best, Athletics Coordinator, ext 426 or Tabitha Richardson-Smith, Head Coach, ext 304.</p> <p style="text-align: center;">Please check for any altered café hours throughout the month in bold purple font.</p> <p style="text-align: center;"><u>Please remember that the café closes at 6pm daily, and Monday thru Friday, clients are able to choose one of the available programs to attend after 6pm.</u></p>		